

Risk & Resiliency: Building Strategies of Support

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Risk Factors

- ▶ Child Specific
- ▶ Parent Specific
- ▶ Environmental



Understanding Resilience

- ▶ What the research tells us:
- ▶ Emmy Werner- 689 Infants, born in Kauai in 1955 – Results of a longitudinal 40 year study leads the research on resilience:
 - ▶ 1/3 of her “at-risk” cohort demonstrated resilience
 - ▶ Initial definition of protective factors
- ▶ ACE’s Study –Kaiser Permanente from 1995 to 1997, included 17,000 participants:
 - ▶ ACE = adverse childhood experiences
 - ▶ 20% of the cohort reported 3 or more ACE’s
 - ▶ As ACE’s increase health risks increase including early death



Protective Factors

- ▶ Average or better intelligence
- ▶ Good parenting OR a consistent caring adult role-model
- ▶ “Street Smarts”
- ▶ Ability to maximize presented opportunities
- ▶ Attractiveness to others (in personality or appearance)
- ▶ Self-confidence
- ▶ Internal faith (hope for a better life)



Prevention Strategies for Providers

- ▶ www.strengtheningfamilies.net
- ▶ Center for the Study of Social Policy
- ▶ www.vanderbilt.edu/csefel/
- ▶ Center on the Social and Emotional Foundations for Early Learning
- ▶ www.apa.org/helpcenter/index.aspx
- ▶ Resilience Guide for Parents and Teachers



Resiliency Inventory

- ▶ How can you best support resiliency in your families?
 - ▶ Build on existing strengths – what is currently working in the system
 - ▶ Increase protective factors
 - ▶ Support social emotional success for the child and the family
 - ▶ Link the community resources
 - ▶ Maximize available opportunities



References

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3. Werner, E. E. (1982). Vulnerable but invincible: a longitudinal study of resilient children and youth. *New York: McGraw-Hill* New York: McGraw-Hill



Thank you for your Attention
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